CIRCULAR NO. 8

Manitoba Agricultural College

HOME ECONOMICS SECTION

HOUSEHOLD SCIENCE DEPARTMENT

Published by Authority of Hon. Geo. Lawrence, Minister of Agriculture, Manitoba

---

HINTS ON HOME NURSING

THE NURSE

An amateur nurse may possess or cultivate many of the qualifications of the professional. A competent nurse should be quiet, self-possessed, kind, firm, sympathetic. She should have a low, well-modulated voice, a gentle hand, a pleasant face and a reposeful manner.

She should be scrupulously neat and clean. She should not wear stiffly starched garments to annoy the patient. She should wear a plain washable dress, one that can be easily disinfected. She should have regular, rational habits; she should have exercise out of doors every day; she should eat regularly, nourishing, easily digested food. She should have from six to eight hours undisturbed sleep out of each 24. No one can be a good nurse who is not in good health, and no one can retain good health who does not obey Nature's laws.

THE SICK ROOM

The Sick Room should be light and airy. There should be good ventilation at all times. This implies maintaining a fresh current of air by means of windows and doors. If there are two windows in the room open one at bottom and the other at the top. If only one window in the room, open it from both top and bottom. Prevent a direct draught on the patient by using screens or changing the position of the bed. Allow fresh air to enter the room even in zero weather.

Temperature of the room should be 68-70° F. during the day and 65° F. at night.

Have plain washable furnishings that can be kept free from dust and infection.

Bed should be provided with good comfortable mattress, neither soft nor hard; no feather ticks; warm, light covers and white cotton sheets.

THE PATIENT

Requires daily attention to his skin, hair, teeth, nails. In sickness all organs are sub-normal; they are unable to perform their functions naturally, and as poisons and waste matter are formed in the body they should be removed as thoroughly as possible. The skin carries off poisonous matters through its pores. Daily sponge baths are necessary to assist the skin in its duty.

Careful attention must be given to the patient's diet. Follow the physician's directions as to what the diet may include. Never give a sick person fried food of any kind, nor foods difficult of digestion; as beans, cheese, bananas, hard boiled eggs, pies, rich cakes, cabbage, pork and hot breads. Serve patient's meals regularly and carefully. Do not feed him too often nor too much. Give medicines and treatment regularly.

MEDICINES

Do not give to others or take yourself medicine when it is not absolutely required. Do not form the habit of "dosing." Give Nature a chance. Obey her laws.

RULES FOR GIVING MEDICINES:—

1. Always read the label on the bottle, before and after pouring out the medicine. Seric is illness and death have resulted from neglect to do this because it is easy to make mistakes..

2. Pour medicine from the side of the bottle not labelled. This prevents blurring.

3. Observe regular time of giving medicines if possible. Generally sleep is more efficacious than medicine, so do not waken patient unless physician orders it, but have medicine ready to give when he awakens.

4. Always shake the bottle before pouring out medicine.

5. Always use proper medicine glass or dropper. Do not gues at amounts.

6. Medicines and liniments should never be kept together.

7. Always keep medicine bottles tightly corked. Old medici is useless.

8. Allow patient to moisten mouth with fresh water before taki a nauseous medicine.

9. Do not "pass on" prescriptions.

10. Follow directions as to "before and after meals." Certain medicines are to be taken before meals because absorption is m... rapid. Certain others, including iron and acids, after meals because they are irritating to the stomach lining.

11. Do not give narcotics and stimulants unless ordered by your family physician.

EMERGENCIES

Poisons taken into the body either burn lining of alimentary canal, preventing its functions, destroy tissues, or act on the heart and nervous system, producing collapse.

First Treatment in all cases except poisoning resulting from strong acids and alkalis, stomach must be emptied of its contents by use of emetics or stomach pump.

Simple Emetics. Large tablespoonful of mustard in cup of luke-warm water, or solution of salt and warm water. After vomiting, give large quantities of milk or water and a quick acting laxative.

For irritant poisons such as carbolic acid give flax seed tea, white of eggs, glycerine, sweet oil, thin boiled starch, warm milk. These soothe the inflamed membranes.

Counteract effect of acid poison by giving a mild alkali such as chalk, magnesia, washing soda, flour and water.

Counteract eff... ...ali poison by giving vinegar, lemon juice or olive oil.

Narcotics such ...um, morphine, belladonna, strychnine, act on parts of nervous system and heart. Give emetics and prevent stupor and collapse. To prevent stupor, keep patient walking When collapse is indicated give strong hot coffee, aromatic ammonia, strong beef tea, etc.

Fainting is caused by disturbed condition of health, shock or impure air. Give plenty of fresh air. Do not crowd. Loosen tight garments, apply cold cloths to head.

Convulsions frequently occur when children are teething. Give hot bath, about 100° F. Add tablespoonful of mustard to each gallon of water. Apply cold cloths to head. Leave in bath 5 minutes, then wrap in blankets.

DISINFECTING

DISINFECTION BY FORMALDEHYDE. Measure the room, and for each 1000 cubic feet use two pints of formaldehyde and thirteen ounces of commercial permanganate of potassium. Procedure:—Place a large washbowl, crock, tin dishpan or galvanized iron pan or tub in the centre of the room. Put in the required amount of permanganate of potassium and lastly pour in the required amount of formaldehyde. Permanganate must go in first. Retire immediately after pouring on the formaldehyde, for the formaldehyde gas is promptly released and is injurious if breathed in any quantity. Keep the room closed for at least six hours, then open, air thoroughly, and clean in the usual way.

A STANDARD DISINFECTANT. Dissolve chloride of lime of the best quality in pure water, in the proportion of six ounces to the gallon. Keep in a stone jar or jug. Use one quart of this solution for each discharge from patient suffering with any contagious or infectious disease.

EDITH CHARLTON SALISBURY